



Making Every Moment Matter

This year we have all come together for Great Britain, England, and Teesside, through celebration and triumph. The past 12 months have been challenging for many of us. But as we look back upon 2021, we're really proud of our team, our dedicated supporters, and our charitable community.

Your support throughout this year has made a significant impact. In our summer appeal, we told you that we were estimating a shortfall of £500,000.

As we approach winter, the estimated shortfall is now £250,000, but we still need your help.

Last year, Teesside ranked one of the highest in the country for loneliness, with 16.6% of us agreeing that we were often lonely over the Christmas period. We want to reduce this emotional and physical pain and distress. We can only do this with your help, alongside all of the people that support us.

With many of our supporters and their families being impacted by this, we wanted to hold out our hand and show that we are here for you when you need us. We know how difficult this time can be, especially after what we have been through the past 18 months.

“We're making every moment matter, but we need your help”

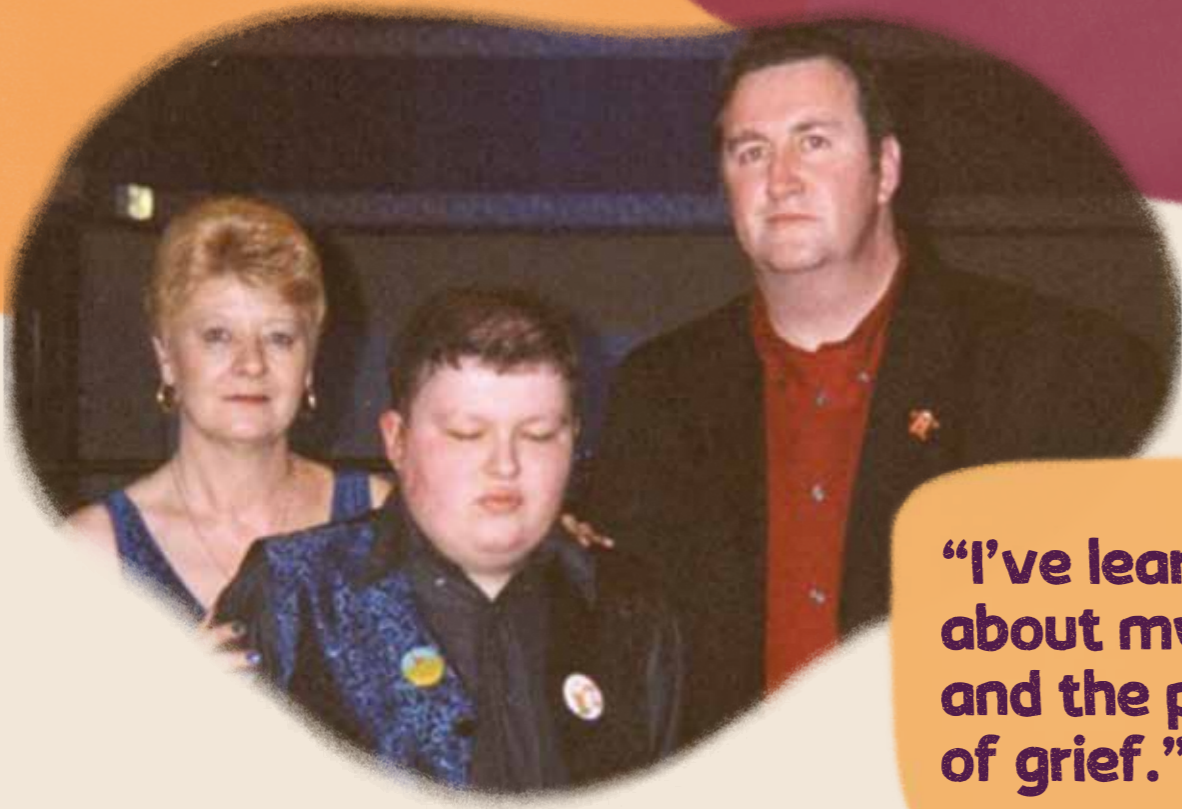
Angie, Clinical Administrator

This year, we anticipate spending this Christmas together again, we wanted to show you why we are making every moment matter.

We hope this appeal can help provide you comfort, reflection and peace throughout the festive period when we need it more than ever. From patients, family and friends to our clinical team, counsellors, staff, volunteers and our fundraisers. To provide really high quality care for the people who need it most, and create memories that will last a lifetime.

We hope 'Making Every Moment Matter' can shine a light on togetherness, and how important your support is to help deliver our mission.

How to donate
Visit www.teessidehospice.org
to give what you can today.



“I’ve learnt about myself and the process of grief.”



Grief matters

Brian’s daughter, Nicola died at 3 months old, and his son, Graeme died at the age of 40, after a life-long battle with Alstrom Syndrome. Brian was struggling to come to terms with losing them both therefore was referred to Teesside Hospice for bereavement counselling.

“At the age of two, we realised Graeme was having issues with his eye sight, when he was 6 years old he went blind. Graeme had a lot of problems and we knew something wasn’t right. Therefore, we got a second opinion. At the age of 13 he was diagnosed with an ultra-rare condition called Alstrom Syndrome.

When Graeme was two-years-old we had a baby girl. When she was 3 months old, she got a chest infection and died shortly after. We’re not sure whether she also had Alstrom Syndrome, but I guess we’ll never know now.

Towards the end of Graeme’s life, he was struggling with a lot of the side effects of Alstrom Syndrome, he needed a dialysis performing on him frequently, which I learnt to do myself.

But he never let this pull him down, he always pushed himself to do whatever he could. He even owned his own business, which helped blind people to be able to use computers.

He always wanted to do things, even up until the day he died. We had a static caravan, my wife was down there with her Auntie, and he wanted to go and visit. On the Thursday prior to his death and visiting the caravan he

wanted to go to the speedway, he was struggling with his breathing, but he wanted to see his friends. Little did we know, that was going to be the last time he would see them.

On the evening he wasn’t very well, so we decided to go home the next day. We were just about to leave, but as I went to get my coat I heard a distraught scream from my wife and ran back into the room where she was holding his hand, he had died. We called the ambulance and tried resuscitating him for 15 minutes, but there was nothing we could do.

My wife and I devoted our lives to him, as his parents we bought him into this world and we had to give something back. When he died it was really hard. I struggled with my emotions. We had to sell the caravan. When I went back to work, I was offered counselling, twice, but they didn’t work for me. In 2019, my GP referred me to Teesside Hospice, that’s where I meet Sara (Head of Bereavement Counselling) and she helped me come to terms with children’s deaths.

We did a few sessions at the Hospice, but then the pandemic hit, meaning the sessions continued virtually.

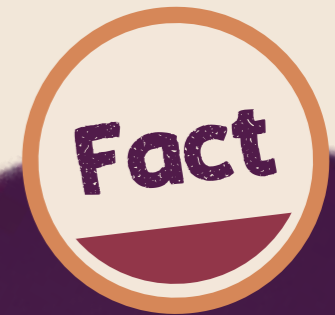
The hospice has helped me to become more open about their deaths.

You don’t expect any of your children to die before you, never mind both of them. Sara also got me to open up about my daughter, I didn’t realise but I hadn’t grieved properly for her. People think because it was only 3 months you can’t have formed a relationship, but that’s wrong.

Whilst in lockdown I decided to do a course on grief. I’ve learnt about myself and about grief. I used to keep myself busy looking after Graeme, and he wouldn’t want me to stop my life.

I retired last year and in January 2021 I finished my counselling. In September, I went back to Teesside Hospice to start volunteering, I’m so happy I can give back for what they’ve done for me.”

Bereavement, loss and grief can cause us huge pain and sadness. It can leave us feeling alone, confused and fearful.



Alstrom Syndrome is a genetic disease, with both parents carrying a faulty gene, although most likely unaffected.

Alstrom Syndrome affects around only 80 families within the UK.

If you need more help please visit our website www.teessidehospice.org where you can find helpful resources and our online referral form.



Are you interested in volunteering?

Since the pandemic we've had a shortage of volunteers, this has been due to many of them having to isolate due to covid-19. Therefore, we wondered if volunteering is something you would be interested in? Not only will you benefit, but it'll help us to provide the best quality care to the people that need us most.

What you get from volunteering

- Learn new skills
- Help your local community
- Help with your physical and mental wellbeing
- Want to develop your hobbies and interests
- Gain experience
- Meet new people
- Build up your confidence

Why we need volunteers

- Increase quality of services
- Help save costs as we have to raise £5,000 a day
- Develop skills in the team to include a wider range of services to the people that need us most
- New ideas to the team

Team Teesside would also like to say a **BIG thank you** to our volunteers that have stayed with us and joined us through this difficult time. Thank you!

If you're interesting in volunteering, or know anyone that might want to help, or fill some spare time they may have, please visit www.teessidehospice.org/vacancies

385 Volunteers



We currently have 385 volunteers helping across the retail shops, online shop, fundraising and the hospice.

675 Years Volunteering



This year we celebrated 675 years of volunteering at our Long Service Awards.



My misconceptions and how they were challenged.

Lois, 19 is one of our new therapeutic volunteers who works with our patients and family to make sure they are able to create the memories.

“Several years ago my great uncle passed away due to a brain haemorrhage. It was a peaceful, and at the time we thought it was perhaps a blessing. He had suffered from Parkinson's disease. He had always been very active. He was also very independent, and made it very clear that when it came to it, he was opposed to being given any kind of care that wasn't from his wife in his own home.

My great Uncle would've never be admitted into a hospice. People think that a hospice, is a dreary and depressing place where people lose their independence, dignity and ability to care for themselves, but that is not the case.

I came across Teesside Hospice online when looking for a volunteering placement for the summer. Of course I had heard of it before, purchasing from the charity shops, but I never fully understood what they did. What I was met with was completely unexpected. The place has such a light and cheery atmosphere- matched by the enthusiasm of the staff. This struck me almost immediately, and my perceptions of the hospice continued to be challenged.

I was informed that the hospice doesn't just offer palliative care but they also offer symptom management, emotional and psychological support. This approach really surprised me, I really resonated with the idea of empowering people. It's not an admittance of weakness or something to be ashamed of.

Time spent at the hospice is definitely not boring. One member of staff that I spent some time with had plenty of ideas for activities. Unfortunately, due to covid, these have stopped, but before the pandemic, the hospice seemed to be a pretty active and vibrant place. From a motorbike rally to visits from pet ducks, patients were entertained with the weird and wonderful. They hope the hospice will return to these kind of activities in the near future.

My role as a therapeutic volunteer will hopefully add something positive. I'm an avid fan of puzzles, creative writing, arts and crafts and as you can probably tell- I like a good chat. It didn't occur to me until volunteering that had my great Uncle not passed away those few years ago, he would probably have spent time at the hospice. And on reflection, I would've been very glad. I honestly believe that the hospice would have improved his quality of life as well as his confidence when facing the struggles of Parkinson's disease, and I think he might have quite enjoyed it.”

“Life is about living, diagnosis or no-diagnosis, and that’s exactly what I’m doing”



Life is still worth Living

In the Summer we spoke to Aishah as she shared her experience of being diagnosed with stage 4 ovarian cancer. We caught up with her about the support she’s received from her family and the hospice, to continue to have hope.

In 2019 Aishah thought she had a hernia, but when they gave her a 10% chance of living a year, she was devastated. but she has stayed strong and is enjoying her life.

‘I still have days that are hard, but I’m trying to make the most of every moment. The Wellbeing Centre at the hospice has helped me to do this. Everything we’ve done has been virtually. They’ve started to open their services up, but I feel the virtual services work best for me.

My family have supported me all the way through my diagnosis. My children have been amazing. My son stayed with me when I needed him most. My daughter comes to see me every week with my granddaughter. It’s amazing to be able to spend time with them. I definitely don’t take the moments we share for granted.

Seeing my family grow over the last few years has been amazing, and I can’t wait to see how they continue to grow and develop to be strong, independent and caring individuals. I will forever be proud of them, and grateful for the moments they’ve shared with me.

My partner lives in Tunisia. I never thought I would find love again. When I was diagnosed I pushed him away, I didn’t want him to have to go through the hurt and pain. But just like my family in the UK, he has supported me, and although we’re thousands of miles away, we make time to speak every day.

In June, I was able to go over see them. It was beautiful, we made some amazing memories and enjoyed each other’s company, and whilst I was out in Tunisia, my partner and I got engaged, I couldn’t be happier. It would be great to see them again before the end of the year.

My family and the hospice has helped me to live every moment to its fullest. I want to give people hope that with a diagnosis you can still create memories and have happiness. Life is about living, diagnosis or no-diagnosis, and that’s exactly what I’m doing.



Summer Draw



Winner

Joan, 75, New Marske

What will you be doing with the money?

“I am giving £500 straight back to the Hospice. The rest is going on a boiler fix as I have been left without hot water and a leaky tap. I’ve never won anything before but I didn’t hesitate donating half of the money when I found out.”

What is your motivation for supporting us the way you do?

“My late husband was in the hospice over a decade ago for four or five days. Despite the short period, I saw that it is absolutely fantastic what you do – you cannot ask for anything better.” Ever since, Joan has been a consistent and dedicated supporter, remembering her husband, Derek, whilst supporting what we do best.

Are there any other comments you would like to make?

“It is a fantastic place, and everything you do is amazing. You really did treat my late husband as a normal person, with the respect and integrity that he deserves.”

Thank you



Bike Ride for Michael

Michael had sadly passed away due to cancer two years ago, and he spent some of his last weeks at the hospice with us. He was a very keen cyclist who loved venturing outdoors and offroad mountain biking. In memory of Michael and his love for cycling, Sean and Ciaran O’Donnell completed a 315km bike ride around Lake Vättern. It was to honour the life of Michael, but they did manage to raise around £300 through the generosity of Michael’s loving family and friends. A huge thank you and well done on this tough challenge from everyone at Teesside Hospice!

Stokesley Open Gardens

On the 3rd & 4th July 2021, we had our biggest ever year with 25 gardens. Filled with laughs, treats and entertainment, we all came together to celebrate a small portion of the beauty within our Teesside region. We would just like to say a huge thank you to all of those who got involved as you raised over £20k. From the dedicated volunteers, to those who were fantastic hosts in their beautiful gardens across the weekend – you were all amazing!



Great North Run Participants

We would like to say a huge congratulations to our courageous Great North Run participants this year. With some having missed out of the 2020 Great North Run due to cancellation, the resilience to keep their places, and continue fundraising for us is valiant.



Natalie’s Walk for Leanne

In memory of their late Sister, Leanne, Natalie Foster and her wonderful family have raised £4000. Their challenge was to walk from Southbank to Whitby, which can reach up to 30 Miles! This superb effort has made a huge impact alongside all of our other amazing fundraisers across Middlesbrough. Thank you from everyone at #TeamTeesside.



Steve Hall’s Coffee Morning

One of our dedicated volunteers, Steve, hosted a coffee morning spoilt with tea, scones and cakes. Inviting in his local community, he raised a fantastic £756.50 from a single coffee morning. Not only were there delicious treats, but for a small donation you could operate a replica of the Eston Branch Railway Steam Train. Thank you Steve. Not only for your efforts raised in the coffee morning, but your prolonged support as a dedicated volunteer, and all that you do in consistently supporting our fundraising team!



Winter Events

Our supporters have made a huge impact this year when we needed them the most. Therefore, we wanted to show you some exciting events we have coming up this winter that we would love to see you at.

Light Up a Life

A time to remember all of our loved ones who we have sadly lost over the years

Last time, as events were put on pause, we had to adapt our fundraising and go digital. But as we progress through 2021, and life returns to 'normal', we are proud to say that we are back.

From Saturday 13th November to Wednesday 5th January, see the memory of your loved ones shine brightly over Christmas

Remember with us

Being a part of our Light Up A Life appeal, not only means that you generously support the hospice, you will also receive:

- ★ A personalised star will be placed on one of our Light Up A Life trees in memory of your loved ones.
- ★ A second star to connect the memory of your loved ones from your home to our hospice, as a symbol for our everlasting bond.
- ★ An exclusive invitation to our Light Up A Life Launch on 21st December 2021.
- ★ Your loved ones name will feature in our Book of Memories located in our tranquil Reflection Room.

We know how difficult this time can be, especially after what we have been through the past 18 months. We hope this appeal can help provide you comfort, reflection and peace throughout the festive period when we need it more than ever.

To remember your loved ones, please complete the form and return it with your donation, or visit the website by Friday 12th November.

Proudly sponsored by
Colin McGinley
Independent Family Funeral Service
Principal Funeral Director Garry Savage - 01642 826222

Firewalk

Friday 19th November 2021

Are you looking for a bit of a thrill? Our Firewalk is back. With safety training provided, bare your soles along 1200°F burning-hot red embers, and step into the fun alongside other fantastic fundraisers. For a once-in-a-lifetime opportunity, experience live music, and other entertainment to enjoy this moment together. Secure your place today by visiting the contact details below.

Trees for Good

4th - 5th December 2021

Christmas really doesn't get better than this. Back by popular demand, Teesside Hospice is re-opening a real Christmas tree shop, where you can come and pick your very own tree! Our premium-grade Nordmann Fir Fresh Cut Christmas trees are grown within the North East and are great for the environment. They are easy to set up, maintain and decorate. A true festive focal point wherever you place it. A jolly-good addition to the workplace or snug at the heart of a family Christmas. Offering 5ft, 6ft and 7ft – the choice is yours.

Proudly sponsored by Casper Shipping.

Christmas Tree-cycle

7th - 10th January 2022

The simplest, greenest and most charitable way to dispose of your Christmas tree is to get involved in our Christmas Tree Recycling Scheme. Last year we collected 1,400 Christmas trees with £13,552 raised. This year we are hoping to make it even bigger surpassing the 1,400 trees collected last year. All Christmas trees will be chipped and recycled to be in used in local parks & also turned into Biomass fuel to reduce fossil fuel emissions. The collection is run entirely by our wonderful volunteers and covers Teesside postcodes from TS1 to TS23.

Ruby Ball

Saturday 12th February 2022

Our annual ball is back! And it's bigger than ever as we celebrate 40 years of care by Teesside Hospice. Welcomed by a refreshing drinks reception in the prestigious Hardwick Hall Hotel, be ushered to your very own table to enjoy a delicious 3 course gala dinner. On the night there will be some fantastic entertainment including a luxury raffle, lots of auction prizes, live music from Last Anthem, and much more!

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